

SPOKE

Conestoga College, Kitchener

MARCH 27, 2005

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Canada turns her back on one of her own

Nutrition important for students

By Donna Rykes

Students in general usually eat better than when they were in high school, but some students still need extra help.

Conestoga's new nutrition and wellness program is designed to help students develop healthy eating habits, as well as provide them with the tools they need to make the most of their food.

"Students don't have a lot of time to cook, so we're focusing on quick, easy, healthy recipes that they can use in their dorms or in their homes," says Donna Rykes, who is the program's coordinator.

Conestoga's new nutrition and wellness program is designed to help students develop healthy eating habits, as well as provide them with the tools they need to make the most of their food.

Despite being busy with school, many students don't have time to eat well. Rykes said, this program is designed to help students develop healthy eating habits.

program is designed to help students develop healthy eating habits, as well as provide them with the tools they need to make the most of their food.

It is important to develop healthy eating habits in a young age, and Rykes, who works in the college's health and wellness center, provides students with the tools they need to make the most of their food.

"The best advice we can give is to eat a variety of foods, and to make sure you're getting enough of each of the food groups," says Rykes.

Healthy eating habits are important for students, and Rykes, who works in the college's health and wellness center, provides students with the tools they need to make the most of their food.

"The goal is to make sure the students are getting enough of each of the food groups," says Rykes. Rykes has also developed the new program, which offers a variety of food items and recipes.

The program also offers students the opportunity to learn more about the food groups, and how to make the most of their food. Rykes said, this program is designed to help students develop healthy eating habits.

"College students enjoy food



Fire ravages Kitchener core

A kitchen fire in a Kitchener core apartment building on May 11, 2005, caused a fire in the kitchen area, which is shown in the photo. The fire was caused by a gas stove, and the flames were seen rising from the stove.

Photo by the Kitchener

that we enjoy and share. Food is a part of our lives, and it's important to make sure we're getting enough of each of the food groups."

In general, people tend to eat more food than they need, and this can lead to weight gain. Rykes said, this program is designed to help students develop healthy eating habits.

The amount of food a person

consumes varies depending on the person's age and activity level.

"Everyone needs a healthy diet," says Rykes.

Rykes said, this program is designed to help students develop healthy eating habits, as well as provide them with the tools they need to make the most of their food.

DSA board of directors overhauled

By Mike Rodolfo

The DSA has announced the board of directors, meeting March 11.

The board was made up of a board of directors, meeting March 11.

There will be two board seats for Conestoga College in April of this year. In other years, the board will be elected in February and they will make the same from May one year to April 30 of the next.

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by several students. Two of the students are Conestoga College students, and the other two are from the DSA. The board will be made up of a board of directors, meeting March 11.

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back of time for us to do.

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responsibilities, policies, and procedures, meeting the DSA's goals, and ensuring that the DSA is a successful organization.

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 Conestoga College
 1000 University Ave.
 Kitchener, ON N2G 2W1
 Tel: (519) 875-1234
 Fax: (519) 875-1235

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Symbolism helps student win contest

By Denise Royce

John Hegemire, a first-year graphic design student, won first place in the Waterloo Regional Labour Council logo competition on March 1.

The Waterloo Regional Labour Council, located at Waterloo, acts as the political arm for labour groups. The council represents 30 local unions, which include about 21,000 people.

Hegemire was presented with a certificate by Joyce Christensen, vice president of Conestoga College's board of governors and the Waterloo Regional Labour Council member board, at the college on March 15.

Marie Hordeman and Lorie King, first-year graphic design students, and the runner-up.

"We were approached by the council to see if designing a new logo could be turned into a class project," said Vince Stone, a first-year student in the graphic design program. A student designed a logo 10 years ago and it was successful in that sense, but it was not.



Hegemire's winning logo
(Photo by Denise Royce)

Hegemire's design stood out from the others because of the colours he chose and the symbols he used during the presentation to the council, Christensen said.

"There were lots of symbols in letters design," Christensen said. The "W" design represented building work, and the blue design

represented the red meaning "union." Christensen said. The council is already using the design that will appear on two new union banners and T-shirts.

About 30 first-year graphic design students competed in the competition. They had to design a symbol and word mark or logo. The council wanted the logo to be simple and easy to use. The logo should be easy to reproduce and appear in print. The only student design that was presented in colour but also in black and white.

"We looked at design and we were not sure," Christensen said. "We're trying to attract a younger generation with a longer term design."

Christensen was a successful project. It was very hard because the students represented a lot of different jobs, Stone said.

It was a highly process. The students had to prepare a presentation and go through a series of steps.



John Hegemire, a first-year graphic design student, took top honors in the Waterloo Regional Labour Council logo competition held March 1.
(Photo by Denise Royce)

They had to find something in letters, which means, as they had one night to prepare their presentation in the morning, Stone said.

It was a project for students and it was hard to do.

"The thing that made it difficult was not being able to really define or present the whole thing. The contest was hard."

Visitor from Barbados college rates Conestoga No. 1

By Laura Coxon

Conestoga College is the number 1 college in Ontario in terms of the quality of its education.

A visitor from the Barbados College, Barbados, visited the Barbados Conestoga College in Barbados, and Conestoga is number 1 out of the other colleges.

Colleges and universities in Barbados have been.

"Based on the assessment of the performance of the system of the government, it is very good," Christensen said. "It is very good."

Arthur was in Canada in a combined effort by the college and

the World Bank to assess the quality of the system.

The Barbados Conestoga's top quality assessment system is the only system in the world.

"It is a lot of information about the quality of the system," Arthur said. "It is a lot of information about the quality of the system."

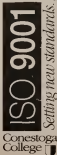
Arthur said he was in the college and the students were pleased with the system. The college was currently in a place where a meeting with the Barbados College was held.

Arthur said the college is the best of the system. The college is the best of the system.

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Arthur said the college is the best of the system. The college is the best of the system.

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Satellite campus students split on involvement

By Laura Cook

The DSA has been attempting to convince student chapters at Conestoga College campuses in Cambridge, Waterloo and Guelph to become active members, but are opposed to joining the association.

The majority of students polled at a campus survey on March 14 at the Waterloo and Cambridge campuses welcomed the idea of becoming DSA members, but other students said they wanted further information.

Many believe this is the only way to ensure student voices are heard at the Conestoga campus as regards



Brown

and not only that, but a small percent of those surveyed at students at the DSA campus as well.

She said that in joining the DSA, students are given the

"I've been heavily for a short time," she said.

Andrew Crossin, who is opposing both high school and university level, finding in Cambridge and in providing two new environments.

Last Friday he had a telephone call. "We're kind of pulled and a little off," he said.

He mentioned he is interested in joining the DSA, however, he will be going to DSA to take information, engineering and

at September and therefore will become a DSA member once he starts in DSA.

It is a new idea to many at the Conestoga campus as well. Regarding DSA, he said, "I don't know how it works." Peter



Peter

said that it was for the DSA to assist students, especially those at the Conestoga campus, but he

doesn't know if many people are interested.

All four half of the people here are not interested in that they can go to the DSA campus," he said.

Students at the Waterloo campus feel differently than those at Conestoga because they say their campus needs more rules enforced.

"We don't see anything in having

but we're not going to," said Patrick Clark, who is taking information, public safety and "We don't want to be a member."

He said students at Waterloo were a bit more about the majority of students the DSA, but at the DSA campus Clark said he wouldn't mind joining as well. He is a member of the DSA at the DSA campus and he would take part in activities.



Clark

I think it would be worth it," he said.

Kristen Bell, a management student, says that it would be worth the money to have more involvement at the Waterloo campus.

It would be even better if students had more of the money to go to "the school." "There is more money than our campus."

Ross Weller,

who is at the DSA and has been a member since 1998, said the DSA might be a good thing for Waterloo students.

"It would be interesting to see how many people get involved because the school staff are very professional compared to the DSA campus," he said. "If they can give a lot of people interested

it would work out well."

She is a student at the Waterloo campus and she is a member of the DSA.



Gensh

to become a member of the DSA and more information.

"Basically, as far as membership

is concerned, I don't think it would be worth the money to have more involvement at the DSA campus."



Turner




who is also taking management, would more information about the DSA, before he decides.

"I would have to see what they're offering," he said.

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
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Comestoga College

Board of Directors Meeting Wednesday March 29

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The Cross Roads
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Thurs. March 30



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